

MILK

FROM COW TO YOU



BACK IN THE 1880s...

DAIRY FARMERS IN DENMARK AND SWEDEN JOINED FORCES WITH ONE COMMON GOAL: TO PRODUCE AND PROVIDE THE BEST DAIRY PRODUCTS.



TODAY 9,900

Farmers from seven countries are part of the Arla family across Europe. 2,300 of these farmers are based in the UK; all believe in the power of milk and in helping each other to achieve high quality standards.

CAN YOU COLOUR IN SAMMY THE FARMER AND HER COW CALLED DAISY?



**TONGUE
TWISTER:**

Can you say 'cows can't go wrong with a long, strong tongue!' Five times quickly!?

HEALTHY HAPPY COWS COWS



BEFORE MILKING

We make sure our cows have clean udders! Arla cows all have a unique number specified on two ear tags, which means farmers can follow each cow's milk production. In the UK hormones are never used to increase the milk production of cows. Cows do just fine on their own if they're well fed and looked after.



Our farmers take the time to check that their cows are healthy, giving them 10 hours of rest, good quality feed and special care if they are unwell.

DID YOU KNOW?

Evidence suggests that cows have best friends, they can recognise around 50-100 of their mates!

(Source: thisisdairyfarm.com)



JUST LIKE HUMANS: Sometimes our cows get sick. If they do, we give them lots of extra attention to nurse them back to health.

DID YOU KNOW?

Life on the farm is hard work. Typically an Arla farmer will get up at 5am to milk and feed their cows, before they sit down for breakfast, even on Christmas Day!

TYPES OF COW



HOLSTEIN-FRIESIAN

I'm the most popular cow in Britain! Farmers choose me because I am really good at turning grass into tasty Arla milk. I can produce about 22 litres of milk a day.



AYRESHIRE

I'm originally from Scotland, that's why cold winters don't bother me. Prince Charles keeps a herd of us on his estate at Highgrove.



JERSEY

I'm originally from the Channel Islands, and I'm a bit smaller than some of the other cows. For my size I can produce a lot of milk, and it is famous for being really creamy and full of protein.



GUERNSEY

Like my friend the Jersey, I am originally from the Channel Islands, which are between England and France. I produce milk with a very rich flavour.

DAIRY COWS ARE HUNGRY COWS ARE HUNGRY



DID YOU KNOW?

Arla cows need a balanced diet to stay healthy and so do you, dairy products like milk and cheese, are an important part of a balanced diet for humans. Here is an example of what our healthy, Arla cows may have to eat as part of their daily balanced diet.

**250G
VITAMINS AND
MINERALS**

**30KG
MAIZE SILAGE**

**100
LITRES OF
WATER**

**2KG
HAY**

**7KG
CEREALS AND
PROTEIN**

**15KG
GRASS SILLAGE**

MILK IS NATURALLY HIGH IN THE NUTRIENTS

Including **calcium** (calcium is needed for the maintenance of normal teeth and bones), Vitamin B2, iodine, phosphorus and Vitamin B12.



To get the same amount of **calcium** (310mg) as in a glass of milk (250ml) from other natural **calcium** sources you would need to eat one of the following:



620 GRAMS BROCCOLI
That's 2 whole florets!



120 GRAMS ALMONDS
That's 105 almonds!



205 GRAMS KALE
That's a lot of kale!

WHY DO YOU THINK MILK IS SO GOOD FOR YOU?



**MILK IS PACKED WITH NUTRIENTS,
CAN YOU LINK THESE VITAMINS AND
MINERALS TO SEE WHAT THEY DO?**

CALCIUM

Contributes to the maintenance of normal bones and teeth

PROTEIN

Contributes to the maintenance of normal blood pressure

VITAMIN B12 + B2

Needed for the maintenance of normal teeth and bones

PHOSPHORUS

Contributes to growth and maintenance of muscle mass

POTASSIUM

Contributes to growth and maintenance of muscle mass



CHEESE IS MADE BY...

Making the protein and fat in milk lump together. The water is then drained off the milk. This is why cheese contains about 7 times more calcium and protein than milk.



DID YOU KNOW?

A matchbox piece of cheddar provides 30% of the recommended daily adult calcium intake and 15% of the protein recommendation.

ARLA WORDSEARCH

Can you find the words listed below in the wordsearch? Search for the words forwards and down, we have given you a head start and found one item already.

GOOD LUCK!

F C O W S G C T C P V G B D C S K Y R
 A X Q P O U V P G T N O J C H E E S E
 R L K A **Y O G U R T** G O D Y N U F Q F
 M B I G M I L K J O B D B O B M I L K
 E D I H T A S T Y U T N L T H N I E Z
 R K F R E S H I N G R E D I E N T S K
 B A L A N C E D U L D S I N A R L A C
 N P T V V B U T T E R S Y N L Y T Z R
 G N J D I A D C A L C I U M T O D D E
 N N B C N B B M I I Y A U R H B G N A
 F X Z Q E C R E A L F O O D Y S R L M

- Healthy
- Cream
- Protein
- BOB Milk
- Cheese
- Skyr
- Fresh
- Farmer
- Arla
- Butter
- Ingredients
- Tasty
- Real food
- BIG Milk
- ✓ Yogurt
- Calcium
- Balanced
- Cows

RECIPE: THE ARLA B.O.B BLUEBERRY MUFFIN SMOOTHIE

SERVES: 2
INGREDIENTS:

- 100g frozen blueberries
- 1 frozen banana, broken up
- 2 tbsp oats
- 1/2 tsp vanilla paste or extract
- 300ml Arla B.O.B milk
- Flaked toasted almonds, to serve.



Skip the muffin and try this ultra-thick smoothie recipe which tastes just like a blueberry muffin! Containing oats, vanilla, frozen banana and Arla B.O.B milk and sprinkled with flaked almonds. Healthy indulgence - a best of both worlds approach to breakfast.

METHOD: Place all of the ingredients apart from the almonds in a blender and blitz until smooth. Add a little more Arla B.O.B milk or a splash of water if very thick. Serve sprinkled with the toasted almonds.

RECIPE:

CREAMY CHICKEN PASTA

SERVES: 2
INGREDIENTS:

200g Pasta
150g Arla Skyr
50g Grated Cheese
1 Diced Garlic Clove
100g Pancetta
2 Chopped Chicken Thighs
1 Chopped Courgetti
1 Bunch Fresh Basil



METHOD : Boil your choice of pasta according to the packet instructions. In a large pan add a splash of olive oil and fry the sliced garlic clove, pancetta and chicken thighs. While you are waiting for your chicken to brown, in another pan heat the Arla skyr over a medium heat, add the grated cheese and a pinch of pepper, Stir until smooth.

Next add the courgette to your chicken mixture, and fry until all ingredients are cooked. Add the pasta and stir, then add the skyr sauce and stir again. Garnish with fresh basil and enjoy!

RECIPE:

NATURAL FACE MASK

**WHAT YOU'LL
NEED :**

1 banana
1 tsp Arla Skyr
1 tsp honey
1 egg yolk
1-2 drops of oil



METHOD : You can make your own anti-ageing face mask using these five simple ingredients! Simply mix together, apply a thin layer to your face, and let them work their magic for about ten minutes before rinsing off with warm water.

ANSWERS

F C O W S G C T C P V G B D C S K Y R
A X Q P O U V P G T N O J C H E E S E
R L K A Y O G U R T G O D Y N U F Q F
M B I G M I L K J O B D B O B M I L K
E D I H T A S T Y U T N L T H N I E Z
R K F R E S H I N G R E D I E N T S K
B A L A N C E D U L D S I N A R L A C
N P T V V B U T T E R S Y N L Y T Z R
G N J D I A D C A L C I U M T O D D E
N N B C N B B M I I Y A U R H B G N A
F X Z Q E C R E A L F O O D Y S R L M

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**STRENGTH COMES
FROM WITHIN**